



6690

Wellness

Policy 6690

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Review Dates:

I. PURPOSE

Minneapolis Public Schools recognizes that the responsibility for the total health and wellness of the student is the joint responsibility of the parents, staff, schools, the community and students themselves. An important part of the mission of the district is to equip students to make healthy choices to prepare them to be skilled and confident citizens capable of succeeding in their work, personal and family lives. Through education in nutrition, physical activity and other life choices we strive to empower students to build healthy bodies and minds. Overall wellness contributes to academic readiness, attendance and academic success. Ancillary services provided or available to students must be aligned with the content standards and support the total health and wellness of the student. The purpose of this policy is to develop health learners through a school environment that promotes and protects students' and staff's health, well-being and ability to learn.

II. GENERAL STATEMENT OF POLICY

- A. Health and Physical Education shall be based on content standards and shall include educational experiences to promote good mental and physical health for all students at all age levels served by Minneapolis Public schools.
- B. The district shall provide or partner with external organizations to provide an employee wellness program that supports the overall well-being of all employees.
- C. The school meal program is not only a service provided or available to students, but shall serve as an integral part of nutrition education and promotion. It shall be a positive learning experience contributing to the goals of the educational program as well as the nutrition service goals and good nutrition promotion.
- D. School environments shall promote and protect students' health, well-being and ability to learn by:
 1. providing opportunities, support and encouragement for all students to be physically active on a regular basis through standards-based physical education classes, extracurricular activities, and classroom and other opportunities for physical activity;
 2. providing all elementary school children a minimum of thirty (30) minutes of daily recess in all elementary schools.
 3. prohibiting the imposition of physical activity or exclusion from physical activity as a response to behavior in violation of the district's behavior standards;
 4. prohibiting the unreasonable delay or denial of meals, or the unreasonable limitation of daily menu options as a response to behavior in violation of the district's behavior standards;



5. supporting Safe Routes to Schools or other, similar programs and curricula that promote biking and walking to, from and while at school and work by students and staff.
 6. providing access to a variety of affordable, nutritious and appealing foods that meet their health and nutrition needs by full participation in the federal school meal programs to the maximum extent practicable, and by thoughtful sourcing, preparation and presentation of the school meal programs;
 7. respecting religious, ethnic and cultural diversity in healthy food choices offered through the nutrition services program as well as through the curriculum;
 8. respecting religious, ethnic and cultural diversity in offering appropriate opportunities and accommodations for physical education and physical activity;
 9. being aware of food allergies and sensitivities in the food choices offered to students through the school meal programs and the curriculum;
 10. providing clean, safe and adequate settings and schedules to eat meals at school;
 11. applying USDA standards for healthy choice in foods offered or made available to students through non-school meal program opportunities such as, but not limited to:
 - a) school celebrations,
 - b) snacks offered in the classroom, and
 - c) food included in the curriculum;
 12. applying USDA standards for healthy choice in foods offered for sale to students during the defined school day through non-school meal program opportunities such as, but not limited to:
 - a) Concessions
 - b) School stores
 - c) Vending machines available to students
 - d) fundraising efforts by the school or school activities
 13. planning for students and staff who bike and walk to, from or while at school or work.
- E. Schools shall encourage parents to promote and support healthy eating and physical activity by:
1. encouraging the provision and packing of healthy meals and snacks for individual students who do not participate in the school meal programs, and encouraging parents to refrain from providing beverages and foods without nutritional value in meals or snacks provided by the home;
 2. informing parents of extracurricular activities that promote healthy lifestyles and physical activity;
 3. encouraging parents to choose safe and appropriate walking or biking to, from or while at school;
 4. encouraging parents to apply for the reduced price or free school meal program;
 5. assuring parents the confidentiality of student status as qualifying for free or reduced price school meal participation.



- F. District student support services shall promote awareness of mental health with students and parents, and coordinate services provided to students by third parties with district services. Provision of direct mental health services to students is the responsibility of student families, the medical community and governmental agencies.
- G. Marketing of food and beverages, except as otherwise provided herein, is limited to promotion of the school meal programs. Marketing of brands that offer food and beverages that comply with the criteria for competitive food under Federal law and district standards for such advertising, is permitted in school gymnasiums, ice rinks and sports areas on large equipment, fences and score boards.

III. RESPONSIBILITY

- A. The Superintendent is authorized to promulgate regulations for the implementation of this policy.
- B. The District shall complete the federally required assessment and make a public report at least every three years on the compliance of each school with this policy.
- C. The Superintendent shall designate an appropriate district staff position which has the responsibility and authority to ensure the implementation of this policy and to lead the required assessment of compliance. The appropriate staff shall prepare and execute a plan for assessing the implementation of and compliance with the policy, and measuring progress toward district goals.
- D. The Superintendent shall establish a committee including parents, students, teachers of physical education, school health professionals, representatives of the nutrition services program, school administrators and representation from the school board to review and update this policy, which review shall occur no less than every three years, or as required by law.
- E. The District shall inform parents, student and staff of the terms of this policy on an annual basis.
- F. Principals shall communicate with parents and the school community regarding school wellness activities, goals and plans. Input from parents shall be sought in the creation of individual school wellness plans. Principals and site administrators are responsible for the implementation of this policy at their school.

Legal References:

- 7 U.S.C. § 5341 (Establishment of Dietary Guidelines)
- 42 U.S.C. § 1751 *et seq.* (National School Lunch Act)
- 42 U.S.C. § 1771 *et seq.* (Child Nutrition Act of 1966)
- 42 U.S.C. § 1758b (Local Wellness Policy)



7 C.F.R. § 210.10 (School Lunch Program Regulations)
7 C.F.R. § 220.8 (School Breakfast Program Regulations)

Minn. Stat. § 120A.22, Subd 9. (Compulsory Education, required curriculum)
Minn. Stat. § 121A.215 (Local School District Wellness Policy on Website)

Cross References:

MPS Policy 1040 (Student and Staff Data Protection)
MPS Policy 1100 (Advertising in the Schools)
MPS Policy 1600 (Use of School Facilities)
MPS Policy 2305 (Superintendent Advisories)
MPS Policy 3261 (Vending Machines)
MPS Policy 3550 (Nutrition Services)
MPS Policy 5000 (Equal Education Opportunity)
MPS Policy 5220 (Tobacco Use, Student)
MPS Policy 5350 (Student Records)
MPS Policy 5540 (Fundraising)
MPS Policy 5630 (Health Examinations, Health Screening, Immunizations and Services)
MPS Policy 5631 (Drug Free Schools)
MPS Policy 5750 (Disability Non-Discrimination – Section 504)
MPS Policy 5800 (Family Engagement)
MPS Policy 6200 (Curriculum)
MPS Policy 6411 (Learning Materials and Resources)
MPS Policy 6680 (Safety, Security and Emergency Preparedness)
MPS Policy 6681 (Accident Prevention and Reporting)
MPS Policy 6682 (Emergency Health Care)
MPS Policy 6692 (Student Medication)
MPS Policy 7010 (Environmental Health and Safety)

MPS Regulation 6690 A (School Meal Programs)
MPS Regulation 6690 B (Health Education and Staff Well-being)
MPS Regulation 6690 C (Non-Meal Program Food)
MPS Regulation 6690 D (School Health Services)
MPS Regulation 6690 E (Planning for Active Commuting)